



Freeport High School

March

LUNCH

M

New!

CHICKEN & WAFFLES W/ SWEET-SPICY SYRUP
HOMEMADE AMERICAN CHOP SUEY W/ BREADSTICK
BBQ PULLED PORK SUB
SPICY CHICKEN SANDWICH

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New!

STEAK GYROS ON FLATBREAD W/ TZATZIKI SAUCE
HOMEMADE SHEPHERD'S PIE W/ BREADSTICK
HOMEMADE ORANGE CHICKEN W/ RICE & EGGROLL
RANCH GRILLED CHICKEN SANDWICH

W

TACO & NACHO BAR W/ ALL THE FIXINGS:
CHOICE OF BEEF, BUFFALO CHICKEN OR CHEESE
BAKED POTATO BAR W/ CHOICE OF TOPPERS:
BROC.-CHEESE, BUFFALO CHICKEN OR BACON-CHEESE
CRISPY CHICKEN SANDWICH

T

New!

New!

HOMEMADE PASTA PRIMAVERA W/ BREADSTICK
HOMEMADE CHICKEN & RICE W/ BREADSTICK
MEATBALL MARINARA SUB
GRILLED CHICKEN SANDWICH

F

New!

TURKEY ROAST W/ GRAVY & BREADSTICK
PO' BOY SANDWICH: HAM & SALAMI OR PASTRAMI
FISH SANDWICH
CHICKEN NUGGETS: SPICY OR REGULAR

EVERY SINGLE DAY.

WHOLE GRAIN PIZZAS

VEGETARIAN FARE

LOWFAT YOGURT AND HONEY GRANOLA PARFAITS

GARDEN BAR WITH KEN'S™ DRESSINGS

FRUIT CUPS

FRESHLY MADE HOT & COLD SANDWICHES

GLUTEN FREE OPTIONS

MENU NOTES

homemade.

Your school meals might look a little different lately. That's because we're featuring more home-cooked meals that fuel your day. Try one soon!

healthy.

In addition to your favorite entrees, each menu day provides you with a wide variety of veggies, fruits and legumes such as New England baked beans and black beans and rice.

- FULL PRICE MEAL: \$2.90
- REDUCED PRICE MEAL: \$0.40
- ADULT MEAL: \$4.50



RSU 5 SCHOOL NUTRITION PROGRAM

An equal opportunity provider and employer. Call 207-865-0928 x 4 for more information.